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QUEBEC MOSQUE SHOOTING

JEREMY SIMES/METRO



LIGHTING THE DARKNESS

'We believe love is stronger than hate, so we stand united'
More on the Edmonton vigil, **metroNEWS**

CANADIANS REACT COAST-TO-COAST



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the life
of the
Quebec
shooting
suspect



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QUEBEC MOSQUE SHOOTING

'Canada is hurting' Leaders offer thoughts

VIOLENCE

Vigil provides light as the community absorbs news



Jeremy Simes
Metro | Edmonton

Rishu Khan held his wife Naiha Wasi tight Monday night, as he and hundreds of Edmontonians mourned the victims of Sunday night's attack on a mosque in Quebec City.

"Canada is hurting," he said, standing outside the Alberta Legislature, where people of all ethnicities held candles. "It's sobering to see people from other faiths here tonight."

But the community the two are part of is working to absorb the news.

The attack that killed six and left 19 wounded has sent shock through Edmonton's Muslim community. Many said they are now concerned about safety and are thinking about increasing security at mosques.

Police have charged Alexandre Bissonnette, 27, with six counts of murder.

Edmontonian Ayesha Sohail always thought she was safe while praying, but the shooting changed her feeling.

"What am I supposed to think now?" said Sohail, who's the president of the Muslims Students' Association at the



Aurangzeb Qureshi, spokesperson for the Alberta Muslim Public Affairs Council in Edmonton, speaks after the deadly attack on a mosque in Quebec City. JEREMY SIMES/METRO

University of Alberta. "It makes people rethink the idea of security."

Ahmed Abdulkadir, executive director of the Ogaden Somali Community of Alberta Residents, said Monday he's now looking over his shoulder when he goes to the mosque.

"My worry, to be honest with you, is a copycat," he said.

Aurangzeb Qureshi, spokesperson for the Alberta Muslim Public Affairs Council, said the organization will be taking steps to prevent similar

attacks in Edmonton.

"Whether that means increased security, or continuing to build relationships with law enforcement it will involve making links with members of other faith groups to see what they're doing," he said.

Islamophobia has been increasingly apparent in Edmonton before the Quebec City attack.

In December, police arrested one man believed connected to threats against Muslim women using a noose. Anti-Sikh posters

also appeared at the University of Alberta and someone spread flyers that promoted white nationalism.

Irfan Chaudhry, lecturer in criminology at MacEwan University, said the anti-Muslim and anti-immigrant narrative in the United States has crossed into Canada.

"This is honestly the most violent form that hate rhetoric leads to," he said. "This is why people work so hard to counter that, so we don't have this type of situation occur anywhere."



At a time when Muslims around the world are facing increased 'othering,' increased persecution, and even discrimination on the basis of country of origin and the practice of faith, it is a trying time. The response from the community has been overwhelmingly supportive and that's what I've come to expect from this city.

Mayor Don Iveson



METRO FILE



In this country, we cannot afford to be complacent. We are not immune to hatred, but we will always, always, always stand up to it together. ... It starts in our own communities and in our own hearts and our own hands.

Calgary Mayor Naheed Nenshi



THE CANADIAN PRESS FILE



We are working closely with the RCMP and other federal agencies to monitor this situation. We do not support or condone acts of violence or hate at any time, and we are always vigilant when such events occur elsewhere. Our thoughts are with the victims of this hateful attack, and the entire Muslim community ...

Chief Rod Knecht, Edmonton Police



THE CANADIAN PRESS FILE



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Muslim ban stokes fears

TRAVEL

Confusion reigns over how individuals will be affected



Alex Boyd
Metro | Edmonton

Ahmed Abdulkadir's phone hasn't stopped ringing.

On the other end it's been people stopped at the United States border, people with thwarted travel plans, people totally confused about how the new ban even worked.

As the executive director of the Ogaden Somali Community of Alberta, Abdulkadir is suddenly the leader of a community that's confused, since new American immigration travel restrictions were announced, and since those restrictions disproportionately target countries with majority-Muslim populations.

"To be honest with this and the other event that happened in Quebec City, the community is in fear," he said.

On Jan. 27, U.S. President Don-



Ahmed Abdulkadir is the head of the Ogaden Somali Community of Alberta, and has been fielding non-stop calls about the American immigration restrictions. METRO FILE

ald Trump signed an executive order that effectively stopped people from Iran, Somalia, Libya, Sudan, Syria, Yemen and Iraq from entering America for 90 days. Syrian refugees have been banned indefinitely.

But what this means, on the ground, is unclear.

At first many thought even dual citizens and green card holders would be stopped at the border. Now, that doesn't seem to be the case but the rules have been inconsistently applied, Abdulkadir said.

"I did not sleep all night, trying to figure out what's going on."

And he's not alone.

"We're confused, the immigration officers are confused, the airline employees are confused," said Raj Sharma, a Calgary lawyer who specializes in immigration issues.

"It's hard to give advice, when it seems like even the Trump

"We're confused, the immigration officers are confused, the airline employees are confused."

Raj Sharma

administration is confused," he said.

"Given how they've rolled this out, I can't in good conscience advise Canadian dual nationals to travel willy-nilly," he said. "The only advice you can give is to wait and see."

But this is not just about travel problems, said Erick Ambtman, executive director of the Edmonton Mennonite Centre for Newcomers.

"It's the stigma that's goes with the leader of the free world saying you're too dangerous to be let into the country, you can't come in," he said.

"Our staff and clients and students are really upset that they're being identified in this way. It's really devastating. This is a really dark, dark day."

BOYCOTT

Uber in hot water

Some Edmonton residents are deleting their Uber apps due to the company's perceived links to U.S. President Donald Trump's administration and policies.

"If there's something easy I can do that hits Uber's bottom line and tells them we're looking for more ethical companies, then I'll do that — that's why I'm deleting the Uber app," said Troy Pavlek, who is running for city council in Ward 11.

The hashtag gained traction Monday after the New York Taxi Workers Alliance and rideshare companies like Uber responded differently to Trump's travel ban — the Alliance refused rides, Uber didn't.

But the company said Monday it isn't supportive of Trump's policies.

The company has created a \$3 million legal defence fund to help drivers with immigration and translation services, Uber spokesperson Jean-Christophe de Le Rue said in a statement emailed to Metro.

TIM QUERENGESSER/METRO

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The Amalgamated Transit Union Local 569 is calling for an increase to the number of peace officers following the assault of an Edmonton bus driver last week. METRO FILE

Union calls for peace officers

TRANSPORTATION

Bus driver assault renews talks about transit safety



Tim Querengesser
Metro | Edmonton

After a suspect allegedly assaulted an Edmonton Transit driver over an expired transfer Friday, the union representing drivers is calling for a rethink on peace officer numbers — but not for full enclosures around drivers.

"We always need more peace officers," said Mark Petterington, president of the Amalgamated Transit Union Local 569. "We have only a certain amount of peace officers. They can't be on every bus at every given time."

Driver assaults have often triggered a long-running discussion of protecting operators with enclosures, as seen in some U.S. cities such as Cleveland.

But while the structures can increase safety, Petterington said a pilot project several years ago found Edmonton transit drivers disliked them.

Edmonton Police said in a statement that a suspect last

Friday assaulted a transit driver near the Castle Downs area following a dispute, which they said "appears to have been a dispute regarding an expired bus transfer."

The driver was treated for non life-threatening injuries and police are reviewing surveillance footage for leads on a suspect, though no one is in custody, spokesperson Cheryl Sheppard said Monday.

Transit spokesperson Jennifer Laraway said other media reports that the driver had been stabbed are false, though because of privacy refused to disclose injuries or the driver's prognosis.

She said Edmonton Transit has 65 peace officers and the last staffing adjustment was made in 2015.



Staffing levels are something we continuously monitor.

Jennifer Laraway

"Staffing levels are something we continuously monitor to ensure they are appropriate," Laraway said.

She added that drivers have access to safety alarms, but for the drivers' protection, "we are keeping the details of the alarms and help notifications available to them confidential, but they do exist."

Petterington said the most common form of assault drivers face on Edmonton's roads is being spit on: "It's less aggressive but it's still a form of assault. Who knows what germs they might have."

GARLAND TRIAL

Liknes investigation took police to Mexico

Police expanded their search to Mexico as part of an investigation into the disappearance of a couple and their five-year-old grandson.

Det. Scott Guterson testified Monday at the trial of Douglas Garland, 57, who is charged with first-degree murder in the disappearances of Alvin and Kathy Liknes and Nathan O'Brien.

"We were looking for items named in the warrant. Bloody clothing, biological material, documents pertaining to the

ownership of the farm, laptops, bloody bedding, cellular telephones, computers, a key for a Toyota vehicle, a wallet, a passport and a duffle bag containing handcuffs, a knife and a baton," he told court Monday.

Guterson said he and another officer flew to Mexico in August 2014 to investigate the condo owned by the missing couple.

"We found that most of the appliances, except for a fan, were unplugged. We found the patio doors in the condominium

were sealed shut with tape," said Guterson. "I spoke to the staff ... and they told us the staff did not recall seeing the Likneses at the condominium since January of that year."

The trial has already heard the passports for all three were found at home in Calgary.

Forensic computer expert Const. Oleg Seleznev said he initially seized three computers from the Garland home before a hard drive was found hidden in the basement rafters.

He said one of the computers had two users listed: Doug and Patti. Patti Garland is the accused's sister.

Seleznev also testified that his search of a computer, which was last used in 2013, found an Internet search for Alvin Liknes.

Under cross-examination, the constable admitted there was no way to determine if the computer was password protected or if other members of the Garland family had used it.

THE CANADIAN PRESS

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QUEBEC MOSQUE SHOOTING

Canadians spring to action

Across the nation, the shooting in Quebec City was met with horror and condemnation as Canadians rallied together in a strong show of support for the Muslim community. **METRO CANADA**

OTTAWA:

While the attack has made real the fears of Muslims in Ottawa, a local imam is encouraging people not to isolate themselves, but to find support in their neighbours, friends and fellow citizens who continue to support them.

"I think it's important for people to feel supported and to support one another, because we are all in this together," said Imam Sikander Hashmi of the Kanata Muslim Association.

"We've been through stuff together in the past and we've always come together with our friends and neighbours, our fellow citizens."

HALIFAX:

In the hours following Sunday night's fatal mosque shooting in Quebec City, Rana Zaman found herself comforting a daughter scared to be Muslim.

"My daughter (a university student) and I had this horrible conversation where she felt she was really frightened, she couldn't sleep and she said she was afraid of being a Muslim," Rana Zaman said in an interview on Monday.

"I had to hide my own inner fear. I had actually been crying a lot that night feeling that the one safe haven that I felt was in the world has been taken away from us."

Zaman, a community activist and volunteer, said Halifax's Muslim community has been shaken.

"To be confronted directly so close to home? It's a terrifying prospect."

TORONTO:

Members of Toronto's Muslim communities are responding to the attack at a Quebec mosque with messages of unity, hope and optimism.

"We have to focus on what



A vigil in Montreal for victims of the shooting at a Quebec City mosque. **THE CANADIAN PRESS**

is good," said Omar Falasteen, a Ryerson engineering student and one of the organizers of a Monday vigil to mourn and express solidarity with families affected by the violence.

"These acts of terrorism don't only target Muslims. They target Christians, Jews, blacks ... We just need to continue to support each other."

WINNIPEG:

Mayor Brian Bowman condemned Sunday's deadly attack on a Quebec City mosque.

"We stand united and in solidarity with our friends from the province of Quebec, including those who subscribe to the teachings of Islam," Bowman said at a press conference on Monday afternoon. Bowman also expressed his support for Muslims in Winnipeg.

CALGARY:

There was shock and sadness across Calgary Monday, after the lives of six men were taken suddenly mid-prayer in the Centre Culturel Islamique

de Québec.

In Calgary, citizens stood together at vigils in solidarity against acts of terrorism and violence, candles in hand.

"You want to let the victims know, and people who attend the mosque as well that you're there for them, and you won't stand for this," said Canadian Cultural Mosaic Foundation CEO Iman Bukhari.

But this wasn't just a Muslim-Canadian vigil. Bukhari said members from the Chi-

nese, Jewish, a Syrian group and the LGBTQ community had come forward against the murders.

VANCOUVER:

Vancouverites reacted with horror and condemnation to Sunday night's deadly attack on worshippers in a Quebec mosque.

The fears raised by the terror attack were sharply felt by Muslims and their allies across the country.

"It was extreme sorrow, my

heart went out to the victims and their families," said Vancouver lawyer Hasan Alam. "I felt overwhelmed, because we as a Canadian Muslim community, and a North American Muslim community, have dealt with so much in the context of Trump and this past weekend the trauma of his Muslim ban ... To have the trauma of losing six people in our community so horrifically at the hands of someone, that was even more traumatic."

Partisanship forgotten in moment of unity

Canadian political leaders stood in the House of Commons Monday united first in words then silence to denounce violence and appeal for unity in the wake of Sunday's Quebec City mosque massacre.

As the Canadian flag on the Peace Tower flew at half-mast, Prime Minister Justin Trudeau condemned the "despicable act of terror last night in Quebec City."

Trudeau said a "group of innocents" were "targeted for practising their faith."

"Make no mistake, this was a terrorist attack," said Trudeau. "It was an attack on our



Prime Minister Justin Trudeau and Liberal MPs stand for a moment of silence in the House of Commons on Monday. **THE CANADIAN PRESS**

most intrinsic and cherished values as Canadians; values of openness, diversity and freedom of religion."

Public Safety Minister

Ralph Goodale said, "This was an act of extreme violence directed against a particular group with the clear intent to intimidate and harm that

group and to strike fear in their hearts. In the definition in broad terms of terrorism, they were trying to inflict terror. And that fits the definition."

Yet in the face of the American administration's leap to suggest the Canadian attack justified its immigration freeze and airport detention orders that affected travelers from seven predominately Muslim countries, Goodale asserted "we don't have sufficient hard facts yet to be able to draw conclusions about motivation and the exact nature of this violent act."

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QUEBEC MOSQUE SHOOTING

Suspect faces six counts of murder

Remembering the victims

Alexandre Bissonnette studied at Université Laval

Quebec police have charged Alexandre Bissonnette with six counts of murder in connection to a shooting rampage at a mosque that left six dead and 19 injured.

Bissonnette, 27, is also facing an additional five counts of attempted murder, according to documents filed at the Quebec City courthouse.

He is expected to appear in court shortly.

After initially saying they had two people in custody in connection with the shooting rampage, Quebec police — in a surprising reversal from their morning press conference — now say there is only one suspect.

He appeared in court around 6 p.m. looking disheveled as he stood beside a guard in a glass prisoner's box. The prosecutor said they had not yet been given all the evidence and the matter was called back

to court Feb 21.

The second man they had considered to have carried out the deadly assault, which authorities are calling an act of terror, is now a witness, Surete du Quebec said in a tweet Monday afternoon.

Bissonnette studied at the Université Laval, according to a statement released by the university late Monday. He was a student in the department of political science and anthropology, according to Jean-Claude Dufour, Dean of the Faculty of Agriculture and Food Sciences.

He was on both the Sainte-Foy and Université Laval chess club with his twin brother, said Université Laval professor Jean Sévigny, who said he knew Bissonnette and his brother through the club.

"I can only give you the impression I had and that was that he seemed, he gave the impression of being a very good person," said Sévigny, who last remembered seeing him in the fall of 2015.

Bissonnette's Facebook profile was deleted at some point on Monday, but an archived

screenshot of his Facebook page showed he "liked" a wide range of pages, including those of U.S. President Donald Trump, far-right French politician Marine Le Pen, and atheist scientist Richard Dawkins. He also "liked" several different video games, chess clubs and organizations at Université Laval, as well as the federal NDP.

The horror that started just as Sunday evening prayers ended left six people dead and another 19 injured — two critically with significant injuries "mainly to the abdomen," a spokesperson for Centre Hospitalier Université Laval said. The rest have been treated and released.

Police said there were another 39 people inside the Cultural Centre of Quebec's Grand Mosque as Sunday prayers ended. That's when two individuals said to be wearing ski masks and carrying firearms burst into the building and opened fire on the worshippers, according to witness accounts. The victims, all male, ranged in age from 35 to 60 years. TORSTAR NEWS SERVICE



Alexandre Bissonnette faces multiple counts of murder in connection to a shooting at a mosque that left six dead and 19 injured. FACEBOOK.COM

Details are emerging of some of the six victims of the Quebec City mosque attack.

1 Azzedine Soufiane — The father of three was a grocer and butcher. Local imam Karim Elabed described him as a longtime Quebec City resident who helped guide newcomers. Ali Ouldache said Soufiane was really someone who really loved Quebec — a true Quebecois.

2 Khaled Belkacemi — Université Laval confirmed Monday that Belkacemi, 60, was one of their own and a professor in the food science department. Retired Université Laval professor Hani Antoun described Belkacemi as a valued colleague and respected scientist.

3 Abdelkrim Hassane — Another father of three who was identified by friend Ali Hamadi. Hamadi said he left the mosque before the shooting and that Hassane, 41, was killed. Hamadi said Hassane worked in IT for the government.

THE CANADIAN PRESS

White House uses shooting to defend ban

In the face of protests, lawsuits, internal grumbling, an international backlash and a partial climb-down, the Trump administration used Sunday's deadly Quebec City mosque attack to defend its travel ban on seven majority-Muslim countries.

White House spokesman Sean Spicer began his daily

briefing with the news that the president had offered Justin Trudeau his country's condolences, prayers, and any law-enforcement help Canada might need.

Then came a political point — one that seemed oblivious to the fact that in the case of Quebec City, it was the targets who were Muslim, not the al-

leged perpetrator.

"It's a terrible reminder of why we must remain vigilant. And why the president is taking steps to be proactive, not reactive," Spicer said Monday. He later made clear he was, in fact, making the link to the executive order on travel, which specifically targets travel from primarily Muslim

countries.

Asked about the executive order, he said: "As I said in the statement, the president is going to be very proactive in protecting this country... That's the key point in this — how do we get ahead of threats? How do we keep America ahead of the curve?"

THE CANADIAN PRESS



White House spokesman Sean Spicer speaks at a press briefing at the White House on Monday. GETTY IMAGES

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Donald Trump's administration: **Muslim ban****'I would say I'm ready to make my voice heard'**

GOVERNMENT

'Freaked out' Americans take to the streets to protest Trump

Mary Beth Jobe, a 52-year-old homemaker in Idaho, expected to have a quiet Sunday hanging out with her three chickens, two dogs, cat and parrot.

But then she checked the Facebook page for her Boise neighbourhood and someone had posted about a protest at the airport. Eight days after the first demonstration of her life, she drove out to the second.

"This is dire," she said Monday. "I've never been this freaked out, ever. I'm freaked out, and I'll do whatever I need to do."

Erik Johnson, a 24-year-old biochemistry student in Nebraska, planned to be studying on Sunday night. But his girlfriend



Protesters demonstrate Monday in Washington, DC. GETTY IMAGES

told him there was a protest at the state capitol in Lincoln. He had never demonstrated before, but this was a matter of "American values." Off he went.

"As of right now," he said Monday, "I would say I'm ready to make my voice heard."

Jobe and Johnson are part of an America-wide wave of organ-

ic street activism that has spread far beyond the usual places and the usual suspects. For the first time since the Vietnam era, it appears that spontaneous public protest may become a regular feature of American life.

Two weekends ago it was massive women's marches. Last weekend it was rallies against

+ YATES FIRED

Donald Trump has fired Acting Attorney General Sally Yates after she announced she would not defend his immigration order. The White House said Monday Yates "has betrayed the Department of Justice" and was "weak on borders and very weak on illegal immigration."

THE ASSOCIATED PRESS

Donald Trump's order banning refugees from seven Muslim countries.

Demonstrators gathered on short notice Sunday in the streets of Alabama and Alaska, Arkansas and Michigan, Louisiana and Montana, Tennessee and Illinois. They gave every impression that they would be back. TORSTAR NEWS SERVICE

REFUGEES

'Maybe the U.S. is no longer a safe country'

Gilbert Ngabo
Metro | Toronto

Many advocates are adding their voices to mounting calls for Canada to start accepting American refugees in the wake of Donald Trump's Muslim ban.

"Maybe the U.S. is no longer a safe country," said Mary Keyork, a Toronto immigration lawyer. "A developed nation is saying all these Muslim people from these Muslim countries are bad people, and they don't deserve to come here. That's just wrong and it creates fear and violence."

Refugee advocates are pressuring the federal government to rescind the Safe Third Country Agreement, which prevents Canada from giving refugee status to Americans seeking asylum.

No One is Illegal, a Toronto group that advocates for immigrants and refugees, has started a petition calling for the agreement to be scrapped. Nearly 30,000 have people signed.

The Canadian Civil Liberties

Association has included scrapping the agreement in a list of demands being circulated to MPs.

Even before Trump's executive order banning people from seven predominantly Muslim countries, Keyork said individuals "were being questioned and red-flagged."

"Now, it's become a complete violation of their rights," she added. "That travel ban left me mortified, deeply hurt and scared."

The Canadian government has extended an offer of temporary residence permits for people who were stranded here when Trump's order came down Saturday. But, nothing has been said about how people looking to relocate here permanently will be handled.

Jenny Kwan, the NDP's immigration critic, has called for the House of Commons to have an emergency debate today on the travel ban.

Keyork said her office has received emails about families, students and workers considering a move to Canada since Trump was elected.

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CHANTAL HÉBERT ON POLITICIANS WALKING THE TALK



If one were to connect the dots between the shooting ... in a Quebec mosque and Donald Trump's entry ban on citizens and refugees from a number of Muslim-majority countries, one would find a community that is having a target painted on its back.

Even as Canada's federal leaders were addressing the House of Commons to express their solidarity with the country's grieving Muslim community on Monday, the White House's press secretary was arguing that the murderous attack on a Quebec City mosque was "a terrible reminder of why the president is taking steps to be proactive, not reactive" on national security.

Little of course could be further from the truth. If one were to connect dots between the shooting that left six dead in a Quebec mosque and Donald Trump's entry ban on citizens and refugees from a number of Muslim-majority countries, one would find a community that is having a target painted on its back by the world's most powerful elected leader.

It is a connection whose acknowledgment does not come easily to Prime Minister Justin Trudeau or, for that matter, to much of Canada's political class. Monday was a day for all leaders to vouch to stand shoulder-to-shoulder with the Muslim community. It will take a while to see how far they are willing to walk their talk.

The prime minister would showcase his government's embrace of Syrian refugees, but offer no opinion about the abrupt suspension of American participation in the humanitarian operation.

But by all indications, whistling past the graveyard will only work for so long.

In dealing with the Trump administration, Trudeau has wanted to believe that actions will speak louder than words; that they will in fact act as a

participation in the humanitarian operation and the catastrophic domino effect it could have on international resettlement.

Canada would not even beg to differ in public with Trump's outlandish assertion that keeping out refugees, visitors

challenge it.

In a statement issued on behalf of all Canadian universities on Sunday and calling for the ban to be ended immediately, their association pointedly noted that this was an issue "that was too important to stay quiet on."

Asked point blank to address the ban issue in question period on Monday, the prime minister skirted NDP leader Thomas Mulcair's question and stuck to touting Canada's diversity.

The problem with Canada's tongue-biting approach is that some actions speak louder than others especially when they are those of a U.S. administration that is using the office of president as a bullhorn to equate Muslims with security threats.

The refusal to engage beyond the very narrow scope of securing Canadian exemptions from measures that have negative planet-wide implications leaves the field wide open to those — starting with the new administration — who are only too eager to distort facts for their own purposes.

Surely Trudeau did not see the White House's recuperation of the Quebec City tragedy as fodder for its controversial entry ban coming. Chances are this will not be the last time he is blindsided by his U.S. vis-à-vis.

It was always a given that there would be limits to the lengths the Trudeau government could go to in its quest for a transactional relationship with the Trump administration. But few expected those limits to be reached over a matter of little more than a single week. And yet they have.

Chantal Hébert is a national affairs writer.



TONGUE-TIED Trudeau is at the limit of his ability to criticize the U.S. president, Chantal Hébert writes. THE CANADIAN PRESS

substitute for speaking out.

In the face of questionable moves by the incoming American administration, he and his government would refrain from taking stances in a manner that could be construed as seeking a frontal collision with the White House. But they would stick with charting a distinct and contrary course for Canada.

On that basis, Trudeau would tweet to commend the hundreds of Canadians who took part in post-inauguration marches in support of women's rights in the U.S. but not make a peep about the White House's moves to make it harder for some of the world's poorest women to secure safe abortions.

The prime minister would use social media to showcase his government's embrace of Syrian refugees but offer no opinion about the abrupt suspension of the American par-

and immigrants including green card holders from some Muslim-majority countries was necessary to keep the U.S. safe from attacks.

Given that we share the same continent, it is hard to think of a government leader better placed to offer a rebuttal of that narrative than Canada's. But while Trudeau and many others in his government spent the past weekend reaffirming their attachment to Canada's diversity and their determination to continue to enrich it, they all steered well clear of rebutting the premises of the U.S. ban.

That task fell to non-Liberals such as former Conservative immigration minister Jason Kenney. In a series of tweets on Saturday, he described Trump's executive order as "a brutal ham-fisted act of demagogic political theatre" and called on Republicans in the American Congress to

Step up, Trudeau: Take Syrians and graduates the U.S. has rejected



Trump has brazenly created a crisis. It's time for Canada — and Trudeau — to step up and respond by demonstrating what our country stands for.

Trump's ban represents the most repugnant form of xenophobia, the kind that justifies disrupting thousands of lives — and putting many at risk — without a gram of evidence it will help anything or anyone.

Now, after his implied endorsement of hatred towards Muslims, six Muslims are dead in Quebec. Whatever this murderer's motivations or inspirations, it is a reminder that pandering to hate is reckless, dangerous and evil.

We must confront this evil and demonstrate Canada will not abide by such official bigotry.

Our Prime Minister took an important first step by tweeting, "To those fleeing persecution, terror & war, Canadians will welcome you, regardless of your faith. Diversity is our strength."

Trudeau, if you mean that statement, then offer to bring the Syrian refugees the United States has already thoroughly vetted and accepted to Canada. Trump has inflicted chaos with a stroke of a pen. We must respond with an equally decisive action.

And that's only the start. An entire cohort of recent graduates in the United States from those seven countries

will have their green card applications arbitrarily rejected in the next three months because of this ban. We should offer to expedite their applications to Canada and welcome that talent here.

Politicians and Canadians alike should also reaffirm loudly that we will not put up with anyone peddling hatred to get an easy ticket to political success.

The danger is real. Xenophobic heads of state have been elected in Hungary and Poland. France risks electing one this year. Across Europe, extreme-right parties are growing in size and influence.

Let's take pride in the fact that Harper tried to use hatred to stir up support and that it backfired. Let's dust off the idea that multiculturalism is the basis of our sense of self, because the more it defines who we are, the less vulnerable we will be to appeals to small-minded bigotry.

We are no racial utopia, but reaffirming multiculturalism is exactly the bulwark we need against politically convenient hatred. Let's send a clear message to any politician feeling inspired by Trump: Don't you even think about it.

Thousands of good people have had their lives torn apart this weekend because one smug, small-minded man has too much power. Let's take action to help fix this mess and remind ourselves and the world what kind of country Canada is.

Tristan Cleveland is an urban planner and columnist with Metro Halifax.

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The rise of the IUD

With Obamacare threatened, the U.S. is seeing a jump in women seeking long-term birth control. Precarious employment has women in Canada doing the same, experts say. TORSTAR NEWS SERVICE



Both the copper and hormonal IUD can last 3 to 10 years and are acceptable for both women who have given birth, and those who haven't. CONTRIBUTED

In the lead-up to the inauguration of U.S. President Donald Trump, American women warned each other their access to birth control under Obamacare was at risk.

On social media, many women advised getting an IUD. The intrauterine device is a small, T-shaped piece of plastic or copper inserted through the cervix into the uterus by a doctor and provides highly reliable birth control for years at a time.

Under Obamacare, women could obtain one without paying out of pocket, along with other forms of FDA-approved birth control. If Congress repeals the Affordable Care Act — something Trump has already begun to set in motion — an IUD could cost American women as much as \$1,000, according to Planned Parenthood. Without what's known as the "birth control mandate," many women may suddenly find it difficult to access birth control pills each month.

It seems some of those women turned to the IUD. According to data from 2,500 doctor's offices across the U.S. compiled by AthenaHealth and published by Vox, clinics in both Democrat and Republican counties saw a 19-per-cent spike in IUD procedures from October to December last year. The data suggest no such increase was observed in 2015.

Experts say something similar happens in Canada when women are faced with losing their health insurance or benefits.

The pill and the IUD are covered by some benefits plans — Sun Life, Great-West Life and Morneau Shepell may cover IUDs, depending on the arrangement with employers — and when women switch jobs or age out of their parents' coverage they often turn to IUDs, experts say.

"Definitely, definitely, we see that," said Dr. Erika Feuerstein, clinic physician and education director at the Bay Centre for Birth Control at Women's College Hospital. "When insurance is about to expire, women ask for an IUD because it was covered under their plan."

Because Canada lacks a national pharmacare system, about one quarter to one third of women do not have access to free birth control because they neither have workplace benefits nor qualify for a drug plan through social assistance, said Sandeep Prasad, executive director of Action Canada for Sexual Health and Rights, formerly the national Planned Parenthood agency, not directly linked to the U.S. organization.

That means they often choose less-effective birth control methods, such as condoms, which are about 82-per-cent effective with typical use, rather than a highly effective method such as the IUD, because of its high upfront cost.

The copper IUD costs up to \$63 and the hormonal IUD costs up to \$380 at Planned Parenthood Toronto. The most common form of birth control used by Canadian

women remains the pill, but IUD use has been on the rise. The pill is about 90-per-cent effective with typical use and the IUD is 99-per-cent effective. According to data collected by Canadian health information company QuintilesIMS, prescriptions for the hormonal IUD brands Mirena and Jaydess have increased 46 per cent from 116,478 in 2011 to 170,061 in 2015.

Usage varies: the copper IUD is cheaper and desirable among women who are motivated to avoid synthetic hormones, but can make periods and cramping more intense. The hormonal IUD, which releases a progestin, is more expensive and can cause side-effects similar to the pill but can make periods much lighter.

McMaster University gynecologist Dr. Dustin Costescu estimates up to 5 per cent of Canadian reproductive-age women are now using an IUD, a figure that had hovered around 1 per cent for years. He also notices patients, especially students and young women entering a precarious workforce near the end of their insurance or benefits coverage, seek long-term birth control.

"Other women might see, when issues of coverage come up, that it may be beneficial to maximize their benefits," he said. "It wouldn't surprise me if other women start thinking about, as their coverage expires, an option that (prevents pregnancy) in the long term."

HORMONAL OR NON-HORMONAL

The copper IUD
99 per-cent effective; \$54-\$63 at Planned Parenthood

Pros:

- Reversible and forgettable
- May be suitable for women who cannot take estrogen
- Lessens the risk of endometrial cancer

Cons:

- May increase blood flow, pain and cramping during periods
- Some pain or discomfort during insertion

The hormonal IUD

99 per-cent effective; \$306-\$380 at Planned Parenthood

Pros:

- Reversible and forgettable
- May lead to lighter or absent periods
- Improves symptoms of endometriosis
- May be suitable for women who cannot take estrogen

Cons:

- May lead to spotting
- May cause hormonal side effects such as bloating, breast tenderness, acne, headaches and mood issues
- Some pain or discomfort during insertion

NEW



IN THURSDAY'S

Edmonton metro

Edmonton's best source of real estate information, **Real Estate Weekly**, has found a new home in Thursday's Metro. Now, every Thursday, when you pick up Metro, you'll turn the page and open the door to a world of unmatched residential and commercial opportunities through the expert offerings of **Real Estate Weekly**.

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JOHANNA SCHNELLER WHAT I'M WATCHING



Stranger Things cast members roar on David Harbour's stirring speech at the SAG Awards.

CHRIS PIZZELLO/INVISION/AP

Harbouring fierce resistance to Trump

THE SHOW: Screen Actors Guild Awards (Global)
THE MOMENT: David Harbour's manifesto

Near the end of a night of speeches decrying Donald Trump's U.S. immigration ban — from, among many others, Julia Louis-Dreyfus (best actress, Veep), Emma Stone (best actress, La La Land) and Mahershala Ali (best supporting actor, Moonlight) — Netflix's *Stranger Things* wins best drama series, and the cast storms the Shrine Auditorium stage.

David Harbour, who plays police chief Jim Hopper, begins reading a full-on, balls-out speech, calling the award "a call to arms from our fellow craftsmen and women to go

deeper, and through our art, to battle against fear...by revealing intimate truths to remind folks that when they feel broken and afraid, they are not alone."

As the crowd rises, and his child co-stars jump up and down beside him, and his adult co-star Winona Ryder makes bug-eyed reaction faces for the ages, he builds to a crescendo: "We will repel bullies. We will shelter freaks and outcasts... We will get past the lies. We will hunt monsters. And when we are at a loss amidst the hypocrisy and casual violence of certain individuals...we will punch some people in the face when they seek to destroy the weak and the marginalized and the disenfranchised."

While @realDonaldTrump is wrapping up the strangest, most aggressive first week in U.S. presidential history, Hollywood is using its awards season platform to double down on its liberalism.

First Meryl Streep's speech at the Golden Globes, then the pussy-hatted winners at Saturday's Producers Guild Awards, and now Harbour's barn-burner. Can't wait to see the rally at the Oscars.

WATCH THE SPEECH ON THE METRO NEWS APP

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

COMEDY

Bee's alternative 'nerd prom'

Comic Samantha Bee is throwing an alternative party to the annual White House Correspondents Dinner this spring.

Bee, who hosts TBS' *Full Frontal* weekly show, said she will welcome journalists and "non-irritating celebrities" to the first annual Not the White House Correspondents Dinner. It will be held on the same April night as that annual event, a fundraiser that mixes politicians, journalists and celebrities.

"It's a party for the nerds not invited to the real 'nerd prom,'" Bee said, using the real event's common nickname.

Bee said she and her staff thought of throwing their own party as they sat around depressed in the days following the November election. They wondered what form the White House Correspondents Dinner would take with the arrival of a new administration that says the media is the opposition.

"I had my gown all picked out," she said. "However, that didn't work out on several different levels."

Her event at Washington's Willard Hotel will be televised



Full Frontal host Samantha Bee. GETTY IMAGES

in some form on TBS, although plans are still being drawn up. All proceeds from the dinner will go to the Committee to Protect Journalists.

Bee said it wasn't her intention to damage the real White House Correspondents Dinner, which distributed \$118,500 in scholarships and grants to needy students this year.

Bee's show has been outspoken in its criticism of

President Donald Trump, so her event may be a tough sell for journalists who don't want their objectivity openly questioned.

Besides celebrating deserving journalists, Bee said her event has a simple motivation.

"We're just trying to have a good time," she said. "We're looking to have a party and to have a smile on our faces."

THE ASSOCIATED PRESS



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Raps lash out at ban

NBA

Lowry and Ujiri baffled and saddened by Trump's order

Kyle Lowry takes great pride in representing Toronto and Canada as a professional athlete, but he is American born and bred and he lashed out at the United States government for its decision to ban refugees from seven primarily Muslim countries.

"I think it's absolutely bulls—," the Philadelphia-born Raptors point guard said Monday afternoon. "I bleed red, white, and blue. I was born and raised there. I have always been taught to treat everyone the same. It's a difficult time for my country right now and it's sad."

As the NBA's lone international team, one led by a Nigerian-born president, the Raptors have long been held as a shining example of inclusiveness. They have a global outlook on issues, and they value the fact they represent a country known as a beacon for refugees seeking better lives. They were dismayed by the weekend actions that led to massive protests less than a fortnight into U.S. President Donald Trump's administration.

For Ujiri, there is little in life of which he is more proud than his work with the youth of his African home. Through his own Giants of Africa foundation



"I bleed red, white, and blue. I was born and raised there. I have always been taught to treat everyone the same. It's a difficult time for my country right now and it's sad."
Raptors point guard Kyle Lowry

GETTY IMAGES



Masai Ujiri
GETTY IMAGES

and work with the NBA's Basketball Without Borders program, he lives to provide hope and inspiration, opportunity and encouragement to kids. He sees them as the boys and girls who can change the world for the better, and he wants desperately to advance that cause.

He watched with horror and astonishment on the weekend when the government of new American president Trump effectively banned immigration from seven countries, countries where Ujiri has worked to improve the lives of youngsters, countries he cares greatly about.

"I'm finding it difficult to absorb some of this stuff, from the

ban to everything that's going on," Ujiri said Monday. "I think it's just ridiculous what's going on out there. We had plan to do a basketball camp in Sudan. When you go and do those things we have kids that come from all over the world."

"Are we lying to those kids when we say we are giving them hope, or teaching them or going to help them grow, or give them opportunity? We're outright lying to them now. I just don't get it. It's mind-boggling."

Ujiri and Lowry are not advocating a borderless world, where terrorists and those bent on destruction are allowed free passage anywhere in the world. They understand the need for protections, and that borders are sacrosanct and not everyone should be allowed to go

anywhere they want. But the all-encompassing nature of the ban, the message it sends to those who want to better themselves, the opportunities it denies people, that's what they are lashing out against.

"I understand what the issues are and what the problems are," Ujiri said. "I completely understand that and we do need to pay attention to security, 100 per cent, there is no doubt. But there are ways to deal with people. So, okay, so now we are stopping children that get scholarships to go to college from Sudan? What does that have to do with anything?"

TORSTAR NEWS SERVICE

We are extremely disappointed by the ban and feel strongly that it runs counter to the values of inclusiveness that define us as a nation.

Major League Soccer union chief Bob Foose



assurances from the Iranians that special attention is being given to their applications. The scheduled trip to Iran will be the first major test for U.S. athletes travelling to one of the seven nations affected by Trump's 90-day ban, issued last week.

Iran's senior vice-president Ishaq Jahangiri, through the official IRNA news agency, said that Trump's executive order was "illegal, inhumane and against human rights."

THE ASSOCIATED PRESS

WRESTLING

USA to attend World Cup event in Iran

USA Wrestling said Monday that the U.S. still plans to compete next month in Iran, one of seven Muslim-majority countries whose citizens were temporarily banned from the U.S. by an executive order from President Donald Trump.

USA Wrestling's Rich Bender told The Associated Press that the Americans have "every intention" of travelling to Kermanshah for the men's freestyle World Cup on Feb. 16-17. Bender said the U.S. federation been given

Families are being torn apart and I worry in the big picture what this means to the security of the world.

Warriors coach Steve Kerr whose father Malcolm Kerr was murdered while he was the American University president in Beirut.



SOCCER

Most-capped Canuck De Guzman retires

Julian de Guzman arrived on the Canadian national team scene as an afterthought, wearing an ill-fitting hand-me-down shirt. Fifteen years later, he leaves as captain and Canada's most-capped men's player.

On Monday, the 35-year-old Ottawa Fury FC midfielder called an end to a distinguished career that saw him win 89 caps for Canada and play for clubs in France, Germany, Greece and Spain as well as Major League Soccer and the North American Soccer League. "Football has been the love of my life," de Guzman said at a tearful news conference in Ottawa. "It has given me a ticket to explore many countries."

The Toronto native will re-



Julian de Guzman.
GETTY IMAGES

main in the game as an assistant on manager Paul Dalglish's coaching staff. The Canadian Soccer Association has already tabbed him as a coaching resource, making him part

of a young talent evaluation camp last November. "My wish and my dream now is for the future of Canada and the talent that we have," said de Guzman. He captained both Ottawa and his hometown team Toronto FC. But he is best known for his time in Germany and Spain's La Liga, where he played for Deportivo la Coruna. THE CANADIAN PRESS

MLB

Race for West heating up for McDavid, Oilers

The race out West in the NHL is particularly enticing: San Jose, Anaheim and upstart Edmonton are separated by one point atop the division. Connor McDavid and the Oilers have hung in with the division's three California powers all winter, capped by back-to-back road victories over the Ducks and Sharks to close out the first half.

"We've put ourselves in a good position, and we're happy about that," McDavid said. "We realize how much work we have left to do. None of it means very much if you don't finish out the way you started." The Golden State's trio



Connor McDavid
GETTY IMAGES

of contenders isn't about to give up.

The Ducks have won four straight Pacific titles, and they're hoping coach Randy Carlyle can inspire post-season success that

Bruce Boudreau couldn't. The Sharks look easily capable of defending their Western Conference title, and the Los Angeles Kings should get star goalie Jonathan Quick back from injury shortly before the post-season.

THE ASSOCIATED PRESS

IN BRIEF

EPL sexual abuse probe extends to top London teams

The English Premier League's five London clubs are embroiled in the investigation into sexual abuse in soccer.

The Metropolitan Police says it has received 255 allegations connected with 77 individuals at clubs across London.

As well as the five top-flight clubs — Arsenal, Chelsea, Crystal Palace, Tottenham and West Ham — police say six teams across the next three leagues are also linked to the investigation.

THE ASSOCIATED PRESS

Fatigued Nadal to miss Davis Cup action with Spain

Rafael Nadal is taking some time off after his Australian Open final loss to Roger Federer. The Spanish tennis federation said Monday that Nadal has been dropped from Spain's Davis Cup team because of fatigue following his five-set loss to Federer in Sunday's final.

He will be replaced with Feliciano Lopez for next weekend's best-of-five series at Croatia in the first round of the World Group.

THE ASSOCIATED PRESS

Ryan gets pass in Massachusetts

SUPER BOWL

Ire toned down for Falcons QB and Boston College alum

The enemies list is long in New England, and it grows with each tweet that dares to doubt Tom Brady's supremacy or call coach Bill Belichick a cheater.

But there's one opponent who has escaped the fury of the Foxborough, Mass., fans, and even has a considerable amount of goodwill in the heart of New England. In fact, it's hard to find any kind of animosity toward Atlanta Falcons quarterback Matt Ryan, who built his reputation — personally and professionally — at Boston College.

"It's hard to think of anything bad to say about Matt,"

said former Boston College sports information director Chris Cameron, who was in the athletic department when Ryan led the Eagles to a No. 2 ranking in The Associated Press poll in the middle of the 2007 season.

"I think there are many people at Boston College who are die-hard Patriots fans who are somewhat torn. But I can't think of anyone who will wish any ill will on Matt Ryan."

Peyton Manning is persona non grata in New England because he had the nerve to win a couple of Super Bowls. His original team, the Indianapolis Colts, earned the Patriots' ire for questioning whether the team's footballs were properly inflated in a 2015 playoff game.

The Baltimore Ravens and New York Jets were also sucked into the two-year "Deflategate" scandal, drawing the wrath of the local fans. And don't get

No. 2

Ryan led Boston College to a No. 2 ranking and finished in the top 10 in Heisman Trophy voting in 2007. BC finished 11-3 and No. 10 in the nation, beating Michigan State in the Champs Sports Bowl.

the Foxborough Bros started on commissioner Roger Goodell, or on ESPN.

But Ryan is the rare New England opponent who doesn't inspire hatred in the area, even as he prepares to face the Patriots in the Super Bowl on Sunday.

At Boston College, a guard shack displays a poster of "Matty Ice," the nickname Ryan picked up from his Eagles teammates for his ability to remain cool under pressure. In the athletic building, a case is filled with life-sized action shots of Ryan and some of the trophies he won: Johnny Unitas Award, Manning Award, Atlantic Coast



New Englanders still have a soft spot for Boston College alumnus Matt Ryan.

KEVIN C. COX/GETTY IMAGES

To see someone that good of a person succeed at that level would be incredible. Boston College sports information director Chris Cameron

Conference Player of the Year. Around campus in the run-up to the Super Bowl, they're telling stories about the humble but talented quarterback

who was also a conscientious student and friend.

"He remembers people's names. He's polite to them. There's really no ego there that

I've detected, but there's confidence," Cameron said. "He's just a really nice, caring guy. He's just got that 'It' factor."

THE ASSOCIATED PRESS

CFL IN BRIEF

Eskis signs DB Thompson

The Edmonton Eskimos signed American defensive back Brandyn Thompson to a contract extension through the 2018 season.

Thompson was scheduled to become a free agent next month. He made eight starts last season with Edmonton, registering 22 tackles and an interception.

Prior to joining the Eskimos, Thompson spent the 2014-15 seasons with Ottawa, recording 99 tackles and seven interceptions in 34 games.

THE CANADIAN PRESS

Als dump Albertan Perrett

The Montreal Alouettes released veteran Canadian offensive lineman Jeff Perrett on Monday.

The 32-year-old native of Taber, Alta., spent 10 seasons with Montreal, helping the Als win consecutive Grey Cups in 2009-10 and in 2015 was a finalist as the CFL's top lineman. That year, the six-foot-seven, 320-pound Perrett received the Jake Gaudaur Veterans Trophy presented annually to the CFL player who best demonstrates the attributes defined by Canada's veterans.

THE CANADIAN PRESS

PARA-ALPINE SKIING

Canada's Marcoux hauls in 3rd gold

Canadian skier Mac Marcoux picked up his third gold and fourth overall medal at the World Para-Alpine Skiing Championships with a win in the men's visually-impaired category in Monday's giant slalom.

The 19-year-old Marcoux, from Sault Ste. Marie, Ont., teamed with Calgary guide Jack Leitch for his first technical gold medal of the championships.

He won gold in the downhill and super-G events and silver in the super combined earlier in



Mac Marcoux
GETTY IMAGES FILE

Tarvisio, Italy. "The race means a lot since we've been struggling with tech for a while and it feels great to lay two great runs down back-to-back," Marcoux said. "I couldn't be more excited and we're pumped for the slalom tomorrow."

THE CANADIAN PRESS

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9	8	6	2	1	4	3	5	7
7	5	1	3	6	8	4	9	2
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DAILY REFRESHMENT



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metro

MAKE IT TONIGHT

Healthy Cauliflower Cous Cous with Sweet Potato & Brussels Sprouts



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in 40 minutes

Prep time: 10 minutes
Serves 4

Ingredients

- 1 sweet potato, cut into 1/2 inch pieces
- 2 cups Brussels sprouts, quartered
- 1 Tbsp plus 2 tsp olive oil
- 1 head cauliflower
- 1 Tbsp salt, plus 2 tsp
- 1/2 tsp cumin
- 1/4 cup crumbled feta
- 1 pat of butter
- 4 eggs

Directions

1. Preheat oven to 400. In a bowl, toss sweet potato and Brussels sprouts with 2 tsp olive oil and 1/2 tsp salt. On a rimmed baking sheet, in a single layer, spread and roast, stirring once or twice, until golden brown, crisp outside and tender inside, 20 to 25 minutes.

2. Cut cauliflower in quarters and carve out inner core from each quarter. Cut into smaller florets. Transfer to a food processor. Pulse until broken down into cous cous-sized granules. Stir to make sure you don't have any large pieces left. Turn out cous cous into a bowl.

3. Heat a large skillet over medium heat then add 1 Tbsp oil. Add cauliflower to the pan and sprinkle with remaining salt. Add cumin and stir. Cook until tender, about 4 to 5 minutes. Take off heat and set aside. Gather 2 cups of cous cous.

4. In another large frying pan over medium heat, add butter and eggs. Cook a few minutes and cover pan, about 2 minutes. You can either stir together the cous cous and sweet potato mix as well as the feta or divide each amongst four bowls. Top each bowl with an fried egg and serve.

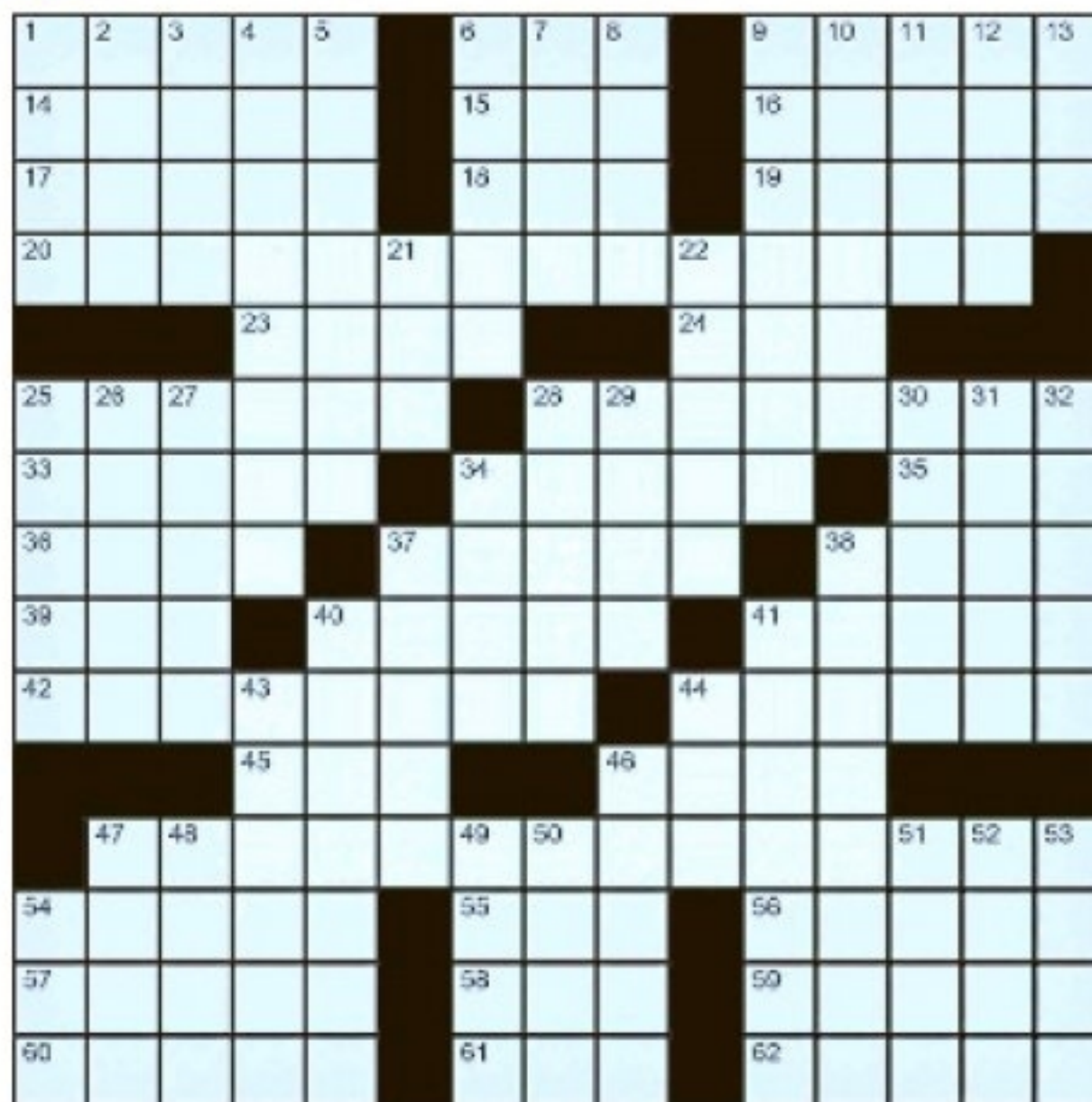
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Gives assistance
- Following-the-morn' time
- God
- Kwik-_- ("The Simpsons" store)
- Ghost's shout!
- Style of rock music
- Battle royal
- "_ don't say!" (Wow, really?)
- Music producer Mr. Martin (Son of Beatles producer George Martin)
- "Dark day, windy city / Raincoat on my shoulder..." is the beginning of what Guess Who song?: 2 wds.
- Kind of lily
- Basketball net part
- Bordeaux wine
- Supplies with new employees again
- God of wine in ancient Rome
- Hunter's duck
- Batch
- Regrettably
- Alpine dry wind
- Caffeine nut
- Existed
- Words to live by
- 'The People' in Inuktitut
- Rhodes students
- Uncommon
- Where Bucharest is the cap.
- Jump rope
- 'Royal City' named



by Queen Victoria in 1859 when it was the colony of British Columbia's first capital: 2 wds.

- Archaically anoint
- Unwell
- ___ diver
- Earth
- Entire
- Highlander's dagger

DOWN

- ___ hearts (Health store purchase)
- Frantic situation, e.g.
- Movies composer Mr. Schiffrin
- Assembles/organizes
- Driving wheel user
- Bottomless pit, to a poet
- Shoe's insertee
- Roadie's gig with the band
- Self-respect
- 1994: "Return to Innocence" act
- Comic actor Eric

- Wedding cake level
- TLC's "Say _ to the Dress"
- Furrow
- Fire-starting felony
- Paw parts
- Lavender
- Embarrass
- Oboist's props
- Bounce back
- Baking need
- ___ acid (Romaine lettuce stuff)
- Condition
- Achiever
- Picture _
- Hiker's 'bag'
- ___ around (Had goofy fun)
- It's a problem on Winter roads
- Nineteen Eighty-Four novelist George
- Whiz down Whistler
- Sniff
- Taboo
- One Direction's "Best Song _"
- Mr. LaBeouf
- Cost
- Genuine
- Napoleon's exile isle
- Mr. Gosling
- Canuck priv. sector union

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Something startling and unexpected will come from a conversation with a boss, parent or VIP today. You will be caught off guard. Don't over-react — and don't quit your day job.

Taurus April 21 - May 21
Travel plans will be canceled or interrupted today. Conversely, you might suddenly have to travel out of town when you did not expect to do so. Guard against accidents.

Gemini May 22 - June 21
Double-check information regarding debt, taxes and shared property, because something unexpected could affect your assets. Don't be in the dark; know what's happening.

Cancer June 22 - July 23
Relations with partners and close friends are hard to control today, because someone will say something that blows you out of the water. Try to be cool.

Leo July 24 - Aug. 23
Your work routine will be interrupted today. Expect computer glitches, power failures, equipment breakdowns, staff shortages and surprising news. Allow extra time so that you can deal with the unexpected.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your kids, so be vigilant. Meanwhile, social plans might be canceled or changed.

Libra Sept. 24 - Oct. 23
Something will create havoc in your home routine today. Small appliances might break down, or minor breakages could occur. Guard against home accidents.

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day for your sign, so pay attention to everything you say and do. Keep your eyes open. Stay alert, even though you feel jumpy and impulsive.

Sagittarius Nov. 23 - Dec. 21
Watch your money and cash flow today, because something unexpected will happen. You might find money; you might lose money. Guard against impulse buying that you might regret later.

Capricorn Dec. 22 - Jan. 20
Today you feel nervous and impulsive. You can't explain it, but you feel the need to do things at the drop of a hat. Good luck, because today is a crapshoot.

Aquarius Jan. 21 - Feb. 19
You feel restless today because there are so many strange vibes in the air. People are unpredictable. Today is unpredictable.

Pisces Feb. 20 - March 20
You might meet a real character today, or perhaps someone you already know will say or do something that amazes you. Stay light on your feet so that you can go with the flow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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Vietnamese Spring Rolls	\$3.75	\$7.50
Vegetarian Spring Rolls	\$3.75	\$7.50
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Chicken with Sweet Peas	\$13.95
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Stir Fried Vegetables with Curry Sauce	\$11.50
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• Sweet & Sour Pork OR	• Dry Ribs OR
• General Tao's Chicken OR	• Vegetarian (Tofu, Veggies, Spring Roll, Steamed Rice Instead of Chicken Fried Rice)
• Lemon Chicken OR	
• Chicken Balls OR	
• Deep Fried Shrimp OR	

DINNER FOR TWO \$34.00

Wonton Soup (2)
Vietnamese Spring Rolls (2)
Chicken Satay (2) OR Deep Fried Shrimp (6)
Crispy Ginger Beef
Stir Fry Vegetables
Chicken Fried Rice

DINNER FOR FOUR \$64.00

Wor Wonton Soup (M)
Vietnamese Spring Rolls (4)
Chicken Satay (4) OR Deep Fried Shrimp (12)
Crispy Ginger Beef
Lemongrass Chicken
Stir Fry Fresh Vegetables
Chicken Fried Rice

DINNER FOR SIX \$90.00

Wor Wonton Soup (L)
Vietnamese Spring Rolls (6)
Chicken Satay (6) OR Deep Fried Shrimp (18)
Crispy Ginger Beef
Lemongrass Chicken
Stir Fry Fresh Vegetables
Chow Mein Noodles
Chicken Fried Rice

DINNER FOR EIGHT \$120.00

Wor Wonton Soup (L)
Vietnamese Spring Rolls (8)
Chicken Satay (8) OR Deep Fried Shrimp (24)
Crispy Ginger Beef
Lemongrass Chicken
Sweet & Sour Chicken Balls (16)
Stir Fry Fresh Vegetables
Chow Mein Noodles
Chicken Fried Rice

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